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Nutritional Status of Institutionalized Mental Challenged Children of Lucknow City.

Shweta katiyar, Dr.Sunita Mishra & Dr. Neetu Singh.

Department of Human Development and Family Studies

School for Home Science

Babasaheb Bhimrao Ambedkar University

Lucknow - 226025

ABSTRACT:

To assess the nutritional status of institutionalized mentally challenged children, a study was conducted among 60 mentally challenged children in chetna sansthan in Lucknow city. The nutritional and health.

The school age period is one of study growth, usually with fewer feeding problem than during toddler year. A natural increase in appetite is responsible for an increase in food consumption .the child's growing independence leads to a gradual transfer of control of food selection from the parents to the child.

Key words:-mental retardation, nutritional status.

INTRODUCTION:

"Rossouw.1996" "Mental retardation is a condition diagnosed before age 18 years that includes below average general intellectual function, and a lack of the skills necessary for daily living. Mental retardation is characterized by sub average intellectual functioning, existing concurrently with limitations in conceptual, social, and practical adaptive skills" **"Pak J Apr 2013"** "Nutritional problems exist all over the world and are particularly noticeable among African children at pre-school level. Among African children there is chronic malnutrition, which is not serious enough to cause them to suffer from kwashiorkor or Marasmus, but results in them being both physically and mentally stunted. Children, especially those under 5 years, are the most vulnerable group in an environment .limit does not guarantee

adequate food and protection. There is a high nutritional requirement for children under 5 years of age because they are undergoing a period of rapid growth." Good nutrition at this age is vital, as unavailability of certain key nutrients for a given age could result in physical and mental retardation that may be irreversible. In most cases African children are more affected because of their unfavourable social and economic conditions. This research aims at finding out whether children in the areas of study are well nourished or not and how the community can assist in combating malnutrition and other diseases, which are related to it. The incidence of malnutrition in children may well serve to indicate that further investigation is required with nutritional status of the whole community, the types of malnutrition and its causes, The school age period is one of study growth, usually with fewer feeding problem than during toddler year. A natural increase in appetite is responsible for an increase in food consumption .the child's growing independence leads to a gradual transfer of control of food selection from the parents to the child.

OBJECTIVE:-

1- Nutritional status of institutionalized mental challenged children of lucknow city.
2- Respondents According to Age and Gender.
3- Respondents according to Degree of Retardation.
4- Respondents according to present any Disability.

METHODOLOGY:-

Urban areas of Lucknow city was selected purposively randomly to conduct the study as it was convenient for the researcher to conduct the research, Mentally challenged children was selected for the present study. The study was categorized in to descriptive and diagnostic research design, The sample random sampling technique was used to select the sample from the selected Ngo in Lucknow city. Random sampling focuses on sampling techniques where the units that are investigated are based on the judgment of the researcher. The main goal of random sampling is to focus on particular characteristics of a population that are of interest, which was best enable to answer research question, The approach adopted for this study was purposively one,The present study was designed to understand the common eating difficulties

of mentally challenged children with their associated problem the study was carried out amongst mentally challenged children (9-14) years in Chetna sansthan of Lucknow city, The sample for the study was consisted of 60 respondents. Sixty respondents randomly selected for the present study.

RESULT & DISSCISSON:-

The information recorded were tabulated and presented in table no.1 table no. 4

Table no 1- Distribution of Respondents According to Age and Gender.

Age	Boy		Girl	
	f	%	f	%
9-11	6	10%	4	6.6%
12-14	34	56%	16	26.6%
Total	40	66.6%	20	33.3%

Table 3 Depicts the age, gender, distribution of the subject studies, the subject were divided in to two groups (9-11) and (12-14) year boys and girls, the number of children 6 boys and 4 girls in the age group of (9-11) and 34 boys and 16 girls in the age group of (12-14) year.

Table2- Distribution of the respondents according to Degree of Retardation.

S.No	Parameters	(9-14)	
		Boy	Girl
		N(%)	N(%)
1-	Mild	10(16.6%)	4(6.6%)
2-	Moderate	25(41.6%)	10(16.6%)
3-	Severe	5(8.3%)	6(10%)
	Total	40 (66.6%)	20(33.3)

The above table no- 2 shows that 10 boys and 4girls in the age group of 9-14 years were affected mild retardation, 25 boys and 10 girls in the age group of 9-14 years were affected with moderate retardation and 5 boys and 6 girls in the age group of 9-14 were affected with severe mental retardation.

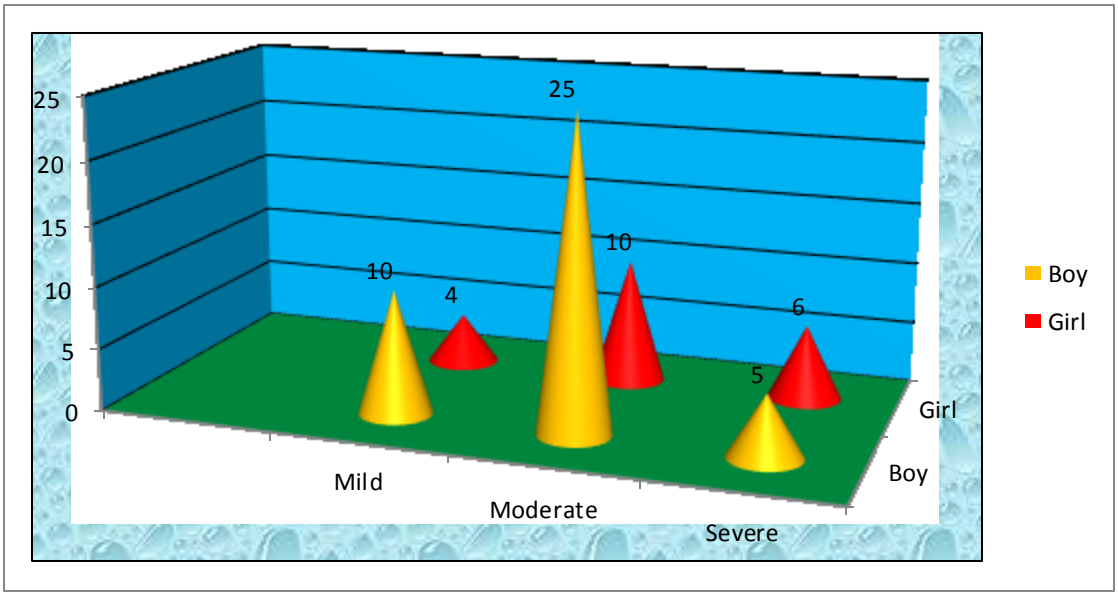

Table 3- **Distribution of Respondents according to present any Disability.**

Present any Disability			
	9-14		Total
	Boy	Girl	
	f(%)	f (%)	
Yes	35(58.3%)	10(16.6%)	45(75%)
No	10(16.6%)	5(8.3%)	15(25%)

Table no-3 shows that 45 boys and girls in the age group of 9-14 years children present any disability and 15 boys and girls in the age group of 9-14 years children not found any disability.

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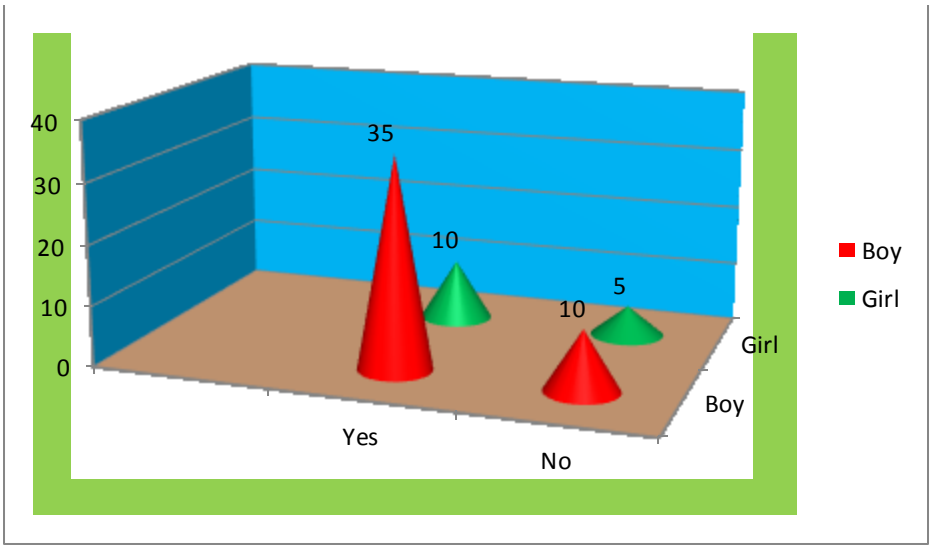

Table no 4- **Frequency Distribution of the respondents on the basis of Nutritional status of mentally challenged children**

Nutritional status(N=60)										
Parametes	**9-11**				**12-14**				**Total**	
	boy		**Girl**		**Boy**		**Girl**			
	N	**%**	**N**	**%**	**N**	**%**	**N**	**%**	**N**	**%**
Height(121,14)	4	(6.6%)	-		15	(25.0%)	8	(13.3%)	27	(45%)
(145-167)	2	(3.3%)	4	(6.6%)	19	(31.6%)	8	(13.3%)	33	(55%)
Weight(25-51)	4	(6.6%)	-		14	(23.4%)	8	(13.3%)	26	(43.3%)
(52-78)	2	(3.3%)	4	(6.6%)	20	(33.3%)	8	(13.3%)	16	(26.6%)
Nutritional BMI										
Normal	3	(5.0%)	-		10	(16.6%)	2	(33.3%)	15	(25%)
Moderate thinness	3	(5.0%)	1	(1.6%)	18	(30.0%)	10	(16.6%)	32	(53.3%)
Severe thinness	-		3	(5.0%)	6	(10.0%)	4	(6.6%)	13	(21.6%)

In the above table (4) shows that 45 % of respondent belonging to 121-144 height and 55% respondent belong 145-167 height in the age group of 9-14 year 43.3 % of respondent belonging to 25-51 kg weight and 26.6% respondent belonging to the 52-78 kg weight in the age group of 9-14 year. 25% of respondent belonging to the normal body mass ,53.3% of respondent belonging to the Moderate thinness and 21.6 % of respondent belonging to the sever thinness.

Distribution of Respondent with frequency

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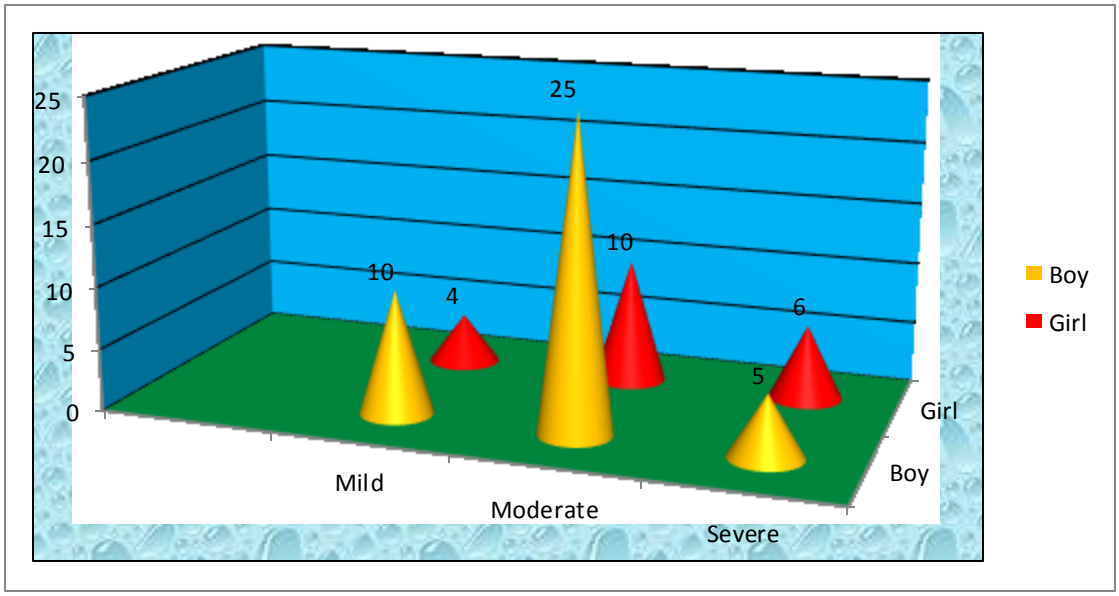
Table (5) Mean, S.D and t-Value of the respondent on the basic of Nutritional behaviour among school going children.

Nutritional Status (N=60)									
S.no		9-11			12-14			t-Value	Significant
		N	Mean	SD	N	Mean	SD		
1	Height	10	1.60	.516	50	1.54	.503	.777	.382
2	Weight	10	1.60	.516	50	1.54	.290	.290	.593
3	Nutritional BMI	10	1.96	.669	50	.196	.669	.683	.412

The above table (5) also shows that the 9-14 year boys and girls both respondents were (μ=1.60) according to height were basic nutrition behaviour , 9-14 boys and girls both respondents were (μ=1.60) according to weight were basic nutrition behaviour and 9-14 year boys and girl respondents were(μ=1.96) according to nutritional BMI The basic nutritional behaviour of mentally challenged children is not good.



CONCLUSION:-

As 'Disability' is a condition or function judged to be significantly impaired relative to the usual standard of an individual or group. The term is used to refer to individual functioning, including physical impairment, sensory impairment, cognitive impairment, intellectual impairment, mental illness, and various types of chronic disease. It has been assumed that malnutrition is common among mentally challenged children, It has been assumed that the dietary behaviour of mentally challenged children may affect their food

intake. Majority of 66.6% of the respondents sample were boys and 33.3% of respondents sample were girl in the age group of 9-14 year, Majority of 10% boys belonging to the age of 9-11 year or 56% boys belonging to the age of 12-14 year. Thus it was found that the majority of (66.6%)the respondent were in the age group of 9-14 year, Majority of 6.6% of girls belonging to the age of 9-11 year or 26.6% girls belonging to the age group of 12-14 year .Thus it was found that the majority of (33.3%) the respondent were in the age group of 9-14 year. Study sample were found wasted 45 % of respondent belonging to 121-144 height and 55% respondent belong 145-167 height in the age group of 9-14 year ,Study sample were found wasted 43.3 % of respondent belonging to 25-51 kg weight and 26.6% respondent belonging to the 52-78 kg weight in the age group of 9-14 year,25% of respondent belonging to the normal body mass ,53.3% of respondent belonging to the Moderate thinness and 21.6 % of respondent belonging to the sever thinnes.

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